



***First Army Division East  
Quarterly Family Readiness  
Newsletter December 2006  
(<http://www.first.army.mil/1aEast/>)***



***"Families On The Home Front---Our Service Is To You!!!"***



**Family Readiness Program Mission:**

**To ensure all Servicemembers, Active,  
Reserve and National Guard,  
and their families have access to support  
services at all military facilities**



**Contents:**

Major General Jay Hood's Corner	Page 2
Mrs. Hood/Mrs. Dean Corner	Page 3
Holiday Stress	Page 4
First Army Division East Page	Page 5
Helpful Military Resources & Information	Page 6
Military Spouse Magazine	Page 7
Holiday Page	Page 8
Point of Contact Information	Page 9



**Military OneSource**

**Family Program Websites**

Call Now. We're available 24/7.

**Stateside: 1-800-342-9647**

Overseas: 800-3429-6477\*

Collect from outside the US:

1-484-530-5908

TTY/TDD: 1-866-607-6794

En español, llame al:

1-877-888-0727

<http://www.militaryonesource.com>

User ID: military | Password: onesource

**First Army:**

[www.first.army.mil](http://www.first.army.mil)

**Army:**

[www.myarmylifetoo.com](http://www.myarmylifetoo.com)

**Air Force:**

[www.military.com](http://www.military.com)

**Navy:**

[www.navyonesource.com](http://www.navyonesource.com)

**Marines:**

[www.usmc-mccs.org](http://www.usmc-mccs.org)

**Coast Guard:**

[www.egfamily.us](http://www.egfamily.us)



## ***Major General Jay Hood's Corner***



### ***"Train Like You Are Going To Fight"***

**Thank you for reading the first Army Division East Readiness Newsletter this busy Holiday Season. We are delighted to be part of this new organization and participate in standing up a new Family Readiness Group. Our organization has Active Duty, Army Reserve, National Guard, Civilians, Contractors and support staff on the historical and friendly Fort George G. Meade midway between Baltimore, MD and Washington, DC.**

**As a soldier, family member or employee, you will be part of a wonderful learning experience that will greatly enhance your knowledge of Family Readiness. The information will assist you in establishing or improving the Family Readiness Program within your section or unit.**

**Important information is provided quarterly in this newsletter to ensure you are prepared for whatever school, TDY or deployment that may present itself, as a member of First Army Division East. The sharing of ideas, exchanging of information and networking with others are essential to building a viable Family Program to support Army Soldiers, civilians and their families.**





*Mrs. Lynne Hood*  
*Mrs. Karen Dean*  
*Corner*





## Holiday Stress



### A word from Family Readiness....

Being mindful of the upcoming Christmas Holiday followed by New Years, we are all being stretched to the limit. Some of us will shop until well pass our bedtime. Others will have relatives from out of town staying with them. Many will be going out of town visiting friends and loved ones. Whichever way you will be entertaining, keep in mind of your limitations. Know when you need to give yourself a break and take time to relax and “just do nothing”. Sometimes feeling like you have to accomplish everything within unreasonable expectations can be enormous pressure.

Try making a list of the things you know you can accomplish with little to no help from others on one list and things you need help with from others on another list. For those things that require help, only include people you can really rely on. This way you are not disappointed. Remember, acknowledge those who have come to lend a helping hand (take them out to lunch or a movie). Also, don't forget to do something special for yourself as well.



### The Trigger Points of **Holiday Stress** (source: [www.mayoclinic.com](http://www.mayoclinic.com))

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead on how to accommodate them. Here are the three areas that commonly trigger holiday stress or depression:

**Relationships.** Relationships can cause turmoil, conflict or stress at any time.

**Finances.** Like your relationships, your financial situation can cause stress at any time of the year.

**Physical demands.** The strain of shopping, attending social gatherings and preparing holiday meals can wipe you out.

### 12 Pre-Emptive Strategies for Holiday Stress

**Acknowledge Your Feelings**

**Be Realistic**

**Stick to a Budget**

**Learn to Say No**

**Take a Breather**

**Forget About Perfection**

**Seek Support**

**Set Differences Aside**

**Plan Ahead**

**Don't Abandon Healthy Habits**

**Rethink Resolutions**

**Seek Professional Help If You Need It**

In the event you are feeling overwhelmed, help is available at Military OneSource  
1-800-342-9647 or

[www.militaryonesource.com](http://www.militaryonesource.com)



# First Army Division East Page



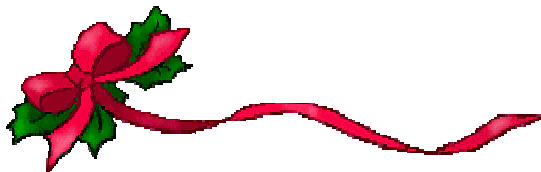
## First Army's Annual Spouse Orientation November 1, 2006



**First Army Division East  
Family Program Coordinator  
visits  
First Army's Senior Advisor  
during the  
Annual Family Spouse Orientation**



**Pictured are:  
Members of First Army Family  
Programs  
and  
First Army Division East  
Family Readiness Programs**



**First Army Division East  
Family Readiness Programs  
Conducts  
Right Seat Ride (RSR)  
with  
First Army Family Programs  
(1 & 2 November 2006)**







## Helpful Military Resources & Information

- American Red Cross [www.redcross.org](http://www.redcross.org)
- Better Business Bureau Military Line <http://www.military.bbb.org/index.asp>
- Blue Star Moms <http://www.bluestarmothers.org/>
- Childcare Aware 1-800-424-2246 [www.childcareaware.org/en/operationchildcare](http://www.childcareaware.org/en/operationchildcare)
- Dental Readiness <http://www.dentalbytes.us/>
- Deployment Health Link <http://deploymentlink.osd.mil/>
- Deployment Support <http://www.deploymentconnections.dod.mil/>
- Employer Support Guard & Reserve [www.esgr.org](http://www.esgr.org)
- Financial Readiness—Military Money [http://www.militarymoney.com/financial\\_readiness/](http://www.militarymoney.com/financial_readiness/)
- Guard Family Action Plan [www.gfap.org](http://www.gfap.org)
- Guard Family Team Building [www.gftb.org](http://www.gftb.org)
- Individual Readiness—Health <http://www.healthits.us/>
- Legal Readiness—Legal Services <http://www.jagcnet.army.mil/legal>
- Military Assistance Program [www.defenselink.mil/mapsite](http://www.defenselink.mil/mapsite)
- Military Spouse Resource Center [www.milspouse.org](http://www.milspouse.org)
- MyPay <https://mypay.dfas.mil/mypay.aspx>
- National Guard Bureau Family Program Website [www.guardfamily.org](http://www.guardfamily.org)
- National Military Family Association [www.nmfa.org](http://www.nmfa.org)
- On-Line TRICARE User's Guide [www.mytricare.com](http://www.mytricare.com)
- Operation Military Kids <http://www.operationmilitarykids.org/>
- Rapids Site Locator [www.dmdc.osd.mil/rsl/owa/home](http://www.dmdc.osd.mil/rsl/owa/home)

Dental Program	1-800-866-8499	
D.E.E.R.S	1-800-538-9552	
TRICARE	1-800-444-5445	<a href="http://www.tricare.osd.mil/">http://www.tricare.osd.mil/</a>
TRICARE Pharmacy	1-877-363-6337	
TRICARE Mail Order Pharmacy	1-866-363-8667	
TRICARE Retail Pharmacy	1-866-363-8779	
TRICARE Links—Reserve Component	<a href="http://www.tricare.osd.mil/reserve/relatedsites.cfm">www.tricare.osd.mil/reserve/relatedsites.cfm</a>	
TRICARE Help e-mail Service (THEMS)	<a href="http://www.samhouston.army.mil/thems/them.asp">www.samhouston.army.mil/thems/them.asp</a>	





## Military Spouse Magazine

# MILITARYSPOUSE MAGAZINE

### Dear Newsletter Subscriber,

We would like to introduce you to the revitalized *Military Spouse* magazine. As a newsletter subscriber, you'll be pleased to know that we've redesigned the magazine to better meet your needs as a military spouse. The magazine's signature features and inspirational articles will help you with family, career, education, relocation and deployment issues along with must have resources. The magazine's Web site, found at [www.milspousemag.com](http://www.milspousemag.com), will add community tools such as message boards and blogs that enable the spouse community to further enjoy. The Web site will be fully redesigned and re-launched in January 2007.

**DON'T MISS THE OPPORTUNITY TO SUBSCRIBE.**

**SUBSCRIBE TODAY!**

We look forward to serving you.

Best,

*Amber Angel-Hajos*

Amber Angel-Hajos

Circulation Manager

*Military Spouse* magazine





## Holiday Page

### The Christmas Gift of Knowing You



*The Christmas season fills our hearts with joy;  
Bright, happy days bring special kinds of pleasure.  
We're wrapped in the excitement of it all,  
The sights, the sounds, the smells, the tastes we treasure.  
Yet when we have some quiet time to think  
About our finest blessings all year through,  
We focus on our family and our friends,  
And appreciate the gift of knowing you!*



**Hanukkah, the Festival of Lights**, is celebrated for eight days, commencing on the 25th day of the month of Kislev (November/December), to commemorate the victory of the Jews over the Hellenist Syrians in 165 BCE.

Following their victory, the Maccabees, sons of the Priestly Hasmonean family which led the Jews in their revolt against the Syrian overlords, entered the Holy Temple in Jerusalem defiled by the Syrian invaders, cleansed it and dedicated it anew to the service of God. Then, in memory of their victory, the Maccabees celebrated the first Hanukkah. (Hanukkah is the Hebrew term for dedication.)

The Talmud, the body of Jewish oral law, relates how the Judean heroes, led by Judah Maccabee, were making ready to rededicate the Temple and were unable to find enough undefiled oil to light the lamps.

However, in one of the Temple chambers, they finally came upon a small cruse of oil which, under normal circumstances, would have lasted only one evening. Miraculously, this small amount of oil kept the Temple lights burning, not for one night, but for all the eight nights until new oil fit for use in the temple could be obtained. This is the miracle commemorated by the kindling of the Hanukkah lights.



### Kwanzaa

Kwanzaa is a non-religious African American holiday which celebrates family, community, and culture. It is celebrated for seven days: December 26 - January 1.

The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. The kinara is the center of the Kwanzaa setting and represents the original stalk from which we came: our ancestry.





## Point of Contact Information



**Family Program Coordinator**  
(301) 833-8610 (phone); DSN-733-8610

**Family Program Officer**  
(301) 833-8609 (phone); DSN 733-8609

